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Your essential daily news | MONDAY, AUGUST 10, 2015

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Tribute

DONNA MAXWELL/FOR METRO

Brian Gasenzer painted his garage with a mural of Cecil the lion. Story, metroNEWS

Woman hit by SUV

**Pedestrian, 84,
listed critical,
witnesses sought**



**Elisha
Dacey**
Metro | Winnipeg

As police continue to search for witnesses after two pedestrians died recently after being struck by vehicles, an elderly woman is in critical condition after being hit in St. Vital.

Police said the woman, 84, was crossing St. Anne's Road at Com-park Road Saturday at about 12:30 p.m. when she was struck in the curb lane by a Kia Sportage travelling north on St. Anne's. The woman had numerous serious injuries and was taken to hospital.

Police said Sunday she remains in critical condition, and are hoping anyone with additional information comes forward.

Meanwhile, police are search-

ing for witnesses who may have seen something after a woman died on July 30.

A woman was walking east at the intersection of Arlington Street at William Avenue when a vehicle struck her at about 6:25 p.m. She was taken to hospital but died later that night.

Police now say two vehicles were in the intersection at the time of the collision.

The first was a 2010-2012 maroon-coloured Ford Fusion, making a northbound turn onto Arlington from eastbound William. The second was a white-coloured GMC extended cab.

Police believe people in those vehicles saw the collision and are asking anyone that may have witnessed the collision to contact investigators at 204-986-6271.

Earlier that day, Oanh Pham, 33, was crossing the street at the corner of King Street and Logan Avenue around 8:30 a.m. when she was struck and killed by a dump truck turning north.

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Aussie dancers take time for some pickle packing

CHARITY

Thunder from Down Under aids Winnipeg Harvest

Donna Maxwell
For Metro | Winnipeg

When you hear a bunch of hot-bodied Aussie dancers are going to be packing pickles for Winnipeg Harvest, it takes a moment to drag your mind out of the gutter to realize this is more than meets the eye.

Members of Australian male dance troupe Thunder from Down Under showed up at Elman's Kosher Deli Foods on Jarvis Avenue to help load up 10 cases of pickles for donation to Winnipeg Harvest.

The troupe was in town over the weekend for performances at Club Regent.

Harvest's managing director, Kate Brenner, was tickled by the pickling.

"When the people at Elman's gave us a call and said that these young gentlemen were going to come down and help us out and they were gonna donate the pickles, well, we were absolutely delighted, for so many reasons," Brenner said, grinning.

"This is terrific. We're gonna get food and Elman's pickles that are fabulous and we got to meet these people. It's a win-win for everybody. What a lovely day."

Leigh Hawira, who's been performing with Thunder for eight years, said all the guys like to give back to communities around the world.

"It's for families that obviously



Thunderpickles: Thunder from Down Under's Leigh Hawira gets cute with some cukes while helping load some Elman's pickles for Winnipeg Harvest. DONNA MAXWELL/FOR METRO

can't afford and I can relate to that," Hawira said.

"I wasn't very fortunate when I was young. There was a few struggles back home. (I'm from) a big family and, you know, we

had to go to a food bank one day ... so I respect that and it's good to give back."

Millie Krause, owner of Elman's, was enjoying her crew of pickle packers and declared it

a great day.

"Thunder from Down Under and a jar of pickles, that's all you need," Krause laughed.

The event was fun and pleasing to the eyes, but Krause said

it was important to support Winnipeg Harvest.

"At this time of year the coffers are a little empty, so we try to encourage everything we can do to help others."

DONATION

Farmer sends hay to drought-stricken Alberta

A Manitoba farmer is donating 100 hay bales to Alberta farmers hurt by drought.

Jurgen Kohler says that after hearing about Alberta counties declaring states of agriculture disaster, he and his wife decided to donate their surplus hay

bales to small farms within the drought-stricken areas.

He says that he wants to help the small farms that are in the most need.

Kohler says by donating the hay, one family was able to keep their kids in 4-H and continue

showing their cattle.

Kohler says he got help from EMF Nutrition, Rosenau Transport and Goodon Industries.

They brought the first three loads of hay bales to Alberta.

A total of 17 municipalities in Alberta have declared local states

of agricultural emergency and are asking the province for help.

The Alberta government has responded by cutting rental fees in half for a program that helps farmers pump water to fill their dams and dugouts.

The province is also working

with municipalities to identify additional public lands for grazing to help producers feed their livestock.

Saskatchewan announced a similar measure last month to help its producers.

CKDM/THE CANADIAN PRESS

IN BRIEF

Man charged after armed robbery at gas bar

Winnipeg police have arrested a man for allegedly attempting to rob a Pembina Highway gas bar with a weapon.

Police said just after 1 a.m. Friday, a man went into the gas bar in the 2000 block of Pembina Highway and confronted an employee with a weapon and demanded money.

The employee was assaulted and suffered non-life-threatening injuries, and the man eventually took off empty-handed.

Police found the suspect not far from the gas bar and arrested him.

James Koroma, 30, of Winnipeg has been charged with robbery, possession of a weapon and failure to comply with a probation order. METRO

Four candidates eyeing grand chief position

Four candidates are vying to be grand chief of Manitoba Keewatinowik Okimakanak, a group that represents 30 First Nations in the province's north.

Current Grand Chief David Harper is running for re-election.

The others are Tyler Duncan, William Elvis Thomas and Sheila North Wilson.

The election will be held on Sept. 2.

THE CANADIAN PRESS

First in-store brewing location opens in city

Those who want to make their own beer or wine can now make it right in the brewing store.

The Liquor and Gaming Authority of Manitoba has issued its first in-store brewing authorization to the Brewers Direct store at 1400 Sargent Ave.

Brewers Direct can now provide customers with the ingredients, instructions, advice and equipment to produce homemade beer and wine directly at its retail location.

Customers can purchase ingredients on site, mix their wine or beer, and leave it for fermentation.

When it's ready to drink, customers can return to bottle their wine or beer and take it home. METRO

CRIME

Five-year-old girl sexually assaulted

Winnipeg Police are on the hunt for a teenage boy they say sexually assaulted a five-year-old girl in St. Vital.

Police said on Tuesday around 12:45 p.m., a five-year-old girl was playing on an indoor play structure while at a fitness centre with her father near St. Mary's Road and Fermor Avenue.

They said the child was followed onto the structure by an unknown male youth.

While concealed by the play structure tubes, the girl was touched inappropriately.

The girl told her father, but by then the suspect had left.

The suspect is described as a white male, about 17 years old and five-foot-10 with an average build.

He had short sandy-blond hair, possible face stubble, and was wearing black shorts and a black T-shirt with red colouring or letters.

Police are now investigating and anyone with information regarding the incident or suspect is asked to call 204-986-3296 or Crime Stoppers at 204-786-TIPS (8477). METRO

IN BRIEF

Taxi driver charged with sexual assaulting teen

A Winnipeg taxi driver has been charged with sexually assaulting a teenage girl after offering her a free ride.

On July 9 around 2:30 a.m., police said a 17-year-old girl was offered a free ride in a taxi around Bishop Grandin Boulevard and Pembina Highway.

While sitting in the front seat, the driver made inappropriate contact with the girl, and police said that a sexual assault occurred.

After a short drive, the girl got out of the cab and told an adult what happened.

Members of the East District Crime Unit investigated the assault and on Aug. 5, a 37-year-old man was arrested, and is now facing charges of sexual assault and sexual interference.

The man was released on a promise to appear, and police did not release his name.

METRO

Man charged with act of public indecency

A man has been charged with committing an indecent act in public. He was arrested not long after offering apples to children.

Police first reported that on July 30, a resident of the 500 block of Kavanagh Street noticed a man sitting on the front step of their home.

The man was holding a ski pole and apples and began speaking to two youths.

Police said adults confronted the man and asked him to leave, but he continued to focus on the youth and offered them apples.

The man eventually left and a short time later was seen committing an indecent act at the back of the same residence, before being chased off by adults.

Police said a 54-year-old man was arrested last week.

The man, whose name has not been released, is facing charges of committing an indecent act, and was released on a promise to appear. DAVE BAXTER/METRO



A massive fire destroyed two homes in Virden after an explosion Friday. RILEY LAYCHUK/TWITTER

Family, friends search for blast victim's dog

VIRDEN, MAN.

Friday's gas explosion sent homeowner to hospital

Days after two homes in Virden, Man. were destroyed by a fire sparked by a gas explosion, family and friends say they are desperately searching for homeowner's dog.

The dog, a brown mastiff named Lily, has been missing

since one of the homes burst into flames just after 9 a.m. Friday. The blaze then spread to a neighbouring house.

RCMP say a homeowner was pulled from the fire and taken to hospital with serious but non-life-threatening injuries.

A firefighter was treated for heat exhaustion.

A post on the Brandon and Area Lost Animals Facebook page says one of the homeowner's dogs, Brandy, was hurt and taken to a vet for treatment. But Lily has dis-

appeared.

Manitoba Hydro spokesman Scott Powell said the homeowner called to tell them he smelled natural gas after driving spikes into the ground.

The homeowner thought he may have hit a gas line, Powell said.

A hydro employee attended the home and the explosion happened after the worker arrived.

Powell said the employee was "shaken" by the blast but did not require medical attention.

The Office of the Fire Commissioner determined the cause of the explosion was the rupture of a gas line as a result of work done in the yard.

The office said natural gas then filtered into the home and was likely ignited by a pilot light.

Jeff McConnell, the mayor of Virden, said a loud explosion could be heard from several blocks away.

"We just thought something fell on the building," he said. THE CANADIAN PRESS WITH FILES FROM ELISHA DACEY



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MOVIES LINING UP FOR THEIR MOMENT IN THE SPOTLIGHT Hundreds of Winnipeggers stand in line for their chance to be in *A Dog's Purpose*, starring Dennis Quaid and Britt Robertson, currently filming in Winnipeg. The film is looking for 2,000 extras and held an open casting call at the Fairmont Hotel on Sunday. SHANNON VAN RAES/FOR METRO

Cecil memorialized at Winnipeg home

ANIMAL RIGHTS

Artist pays tribute to slain lion with mural on his garage

Donna Maxwell
For Metro | Winnipeg

When Brian Gasenzer paints his garage, he does more than primer and two coats.

The Wolsley resident is a mural artist who loves to paint animals and was inspired by the July killing of Cecil the lion in Zimbabwe to pay tribute to the now much-loved king of the jungle by putting an image of the animal on his garage door.

"This comes from the heart. No matter who it is or what it is or what situation that's happening, I kind of feel inclined as an artisan to do this work. Whether it's paid or unpaid, I need to do it," said Gasenzer, who paints under the name Cash Akoza.

"It's part of the reason why



Cecil the lion is shown in this YouTube screenshot. Oxford University's Wildlife Conservation Research Unit had been studying Cecil prior to him being killed illegally in July by U.S. dentist Walter Palmer on a hunt he believed to be legal. YOUTUBE

I've been a full-time artist since 2007, I find the need and the passion and the love. It comes from the heart."

Gasenzer said as soon as he saw the news on TV about Cecil being killed by Minnesota dentist Walter Palmer in an illegal hunt, he headed to his garage door.

"In general I'm inspired by

animals, but the story of Cecil really inspired me instantly. I do a lot of things in the moment, everything's in the moment. I just woke up, came out to the garage and just got to work on it," he said.

"It took me about six hours." His neighbours love it, he said, and as news spreads throughout the city about the tribute, more and more people are driving by to have a look.

Anita Mallatratt lives in the west end, but was picking her daughter up nearby and said she had to come and see it.

"I think it's fantastic. Glorious colours," she said.

The colours are important

+ CONTACT

If you want to reach out to Gasenzer, contact him at cash_akoza@hotmail.com.

to Gasenzer.

"People (are) saying it's beautiful, they love the colours ... that's the important part for me, cause they bring out the healing for people and they bring out the emotions."

Gasenzer said he's opposed to the illegal hunting, not just of lions but all animals, and hopes his mural can do something positive.

The fact that several weeks after the story broke people are still talking about it is a good thing, Gasenzer said.

"It's kind of like we hear them and they go in one ear and out the other, but this is like sticking, it's making people look, and that's a good thing," he said.

"People's hearts are opening ... people's compassion is coming out."

Gasenzer said the city could use more animal murals, and he's hoping to do something about that. He said he'd like to do a mural in tribute to a rhino that was poached recently and said if anyone has a flat space he can paint on, he'll do it.

He'd also like to do something for the new Bengal tigers at Assiniboine Zoo.

"This comes from the heart. No matter who it is or what it is or what situation that's happening, I kind of feel inclined as an artisan to do this work."

Artist Brian Gasenzer



CBC reporter Megan Batchelor said she felt like the stranger who kissed her while she was covering a music festival in B.C. was trying to interfere with her ability to do her job. TWITTER

ELECTION

Leaders back on campaign trail

With the shadow of the Mike Duffy trial looming larger than ever, Stephen Harper is kicking off Week 2 of the federal election campaign with a headline-grabbing effort to crack down on homegrown terror threats.

Harper, keen to show off his bona fides as the experienced incumbent, promised to make it a crime for Canadians to travel to specific countries or regions where they could fight alongside groups officially iden-

tified by the government as terrorist organizations.

When Justin Trudeau was asked at a campaign event in the Ottawa-area on Sunday about how Wright's pending appearance might change the dynamic of the election campaign, the Liberal leader called it a reminder of Harper's "lack of respect for democracy and of his extremely poor judgment."

Harper volunteered an answer to a question he wasn't

asked, reacting to remarks made last week by "star NDP candidate" Linda McQuaig that for Canada to meet its climate change targets, "a lot of the oilsands oil may have to stay in the ground." The comments contrasted with NDP leader Tom Mulcair, who has been open to oilsands development. "That is the NDP's not-so-hidden agenda on development," Harper said.

THE CANADIAN PRESS

+ LEADERS

Where the federal party leaders are today

- Prime Minister Stephen Harper is due to be in Brampton, Ont.
- NDP Leader Tom Mulcair is scheduled to be in Toronto.
- Liberal Leader Justin Trudeau will be in Montreal.
- Green Party Leader Elizabeth May will be heading to Squamish, B.C.

METRO

Reporter 'rattled' by on-air kiss

SQUAMISH, B.C.

RCMP looking for tips from public to help identify man

Another television reporter doing a live report received a jarring distraction after a man kissed her on the cheek.

CBC reporter Megan Batchelor was covering a music festival in Squamish, B.C., north of Vancouver, on Friday when the incident happened. She was doing a live hit for the network's 6 p.m. newscast when video the network aired shows the man came up from behind, kissed her on the cheek and took a selfie. The CBC quotes Batchelor as saying she was "rattled" by the encounter and felt like the unidentified man was trying to interfere with her ability to do her job.

The broadcaster is reporting that Batchelor has made a com-

plaint to the RCMP and the network is asking anyone who knows the identity of the man to contact police.

The CBC said in a statement on Sunday that Friday's incident is another example of a disturbing trend and the network will do everything it can to ensure its journalists are safe when reporting from the field.

The RCMP says it has taken statements from Batchelor, a CBC cameraman and a witness, but the head of the Squamish RCMP detachment said tips from the public would be key in helping police to identify the man.

"We really have no other recourse than to seek the assistance of the public," said Staff Sgt. Brian Cumming.

It's unclear what charges might be laid. Cumming noted that in British Columbia unlike other provinces, police must refer the case to the Crown and prosecutors decide on laying charges.

THE CANADIAN PRESS

IN BRIEF

Officials warn about outbreak of Cyclospora

Public health officials are warning about an outbreak of the intestinal illness Cyclospora, with 83 cases being investigated across Canada. The Public Health Agency of Canada says two people have been hospitalized from the parasite but no deaths have been reported. The cases became known between May 9 and July 18 and are mainly in Ontario, but there are also some infections in B.C., Alberta and Quebec.

The agency says the

source is unknown but past outbreaks of Cyclospora have been linked to various types of imported fresh produce, such as pre-packaged salad mix, basil, cilantro, berries, mesclun lettuce and snow peas. Cyclospora is generally low-risk and can be cured with antibiotics, but people with weakened immune systems, children and the elderly are at increased risk of developing complications. Symptoms include stomach cramps, diarrhea and loss of appetite.

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HEALTH

Rising diabetes, obesity rates putting many at risk: Study

Steadily rising rates of obesity, diabetes and high blood pressure over the last decade have dramatically increased the risk of heart attacks and strokes among some groups of ethnic Canadians, researchers say.

An Ontario study determined that from 2001 to 2012, diabetes rates more than doubled among South Asian men and almost doubled among black women.

While obesity levels rose among all ethnic groups and sexes, the biggest increase was observed in Chinese men, whose rate more than doubled during the study period.

"We found that the most striking difference was among the prevalence of diabetes,"

15%

The prevalence of diabetes among South Asian men living in Canada in 2012 — more than double the rate from 2001.

THE CANADIAN PRESS

said lead researcher Dr. Maria Chiu, a scientist at the Institute for Clinical Evaluative Sciences (ICES) in Toronto.

"It was most stark among South Asian men. The prevalence of diabetes doubled over the 12-year period we looked at, from seven per cent to 15

per cent, and among black women it also increased, from about six per cent to 12 per cent."

The study, published Monday in the journal *BMJ Open*, analyzed data from almost 220,000 Ontario residents who responded to Statistics Canada's Canadian Community Health Surveys from 2001 to 2012. It is believed to be the first in Canada to examine ethnic-specific cardiovascular risk-factor trends over time.

"We know that people who come to Canada are generally healthier to begin with — this is (called) the healthy immigrant effect — and then the longer they stay here, they pick up the bad habits of the Western culture," said Chiu.

"For example, they eat more fatty foods, they eat more meat, more processed foods, as well as eat between meals."

The analysis showed that black women and men and South Asian men had the greatest increases in risk factors for declining cardiovascular health over the period.

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We know that people who come to Canada are generally healthier to begin with ... and then the longer they stay here, they pick up the bad habits of the Western culture

Dr. Maria Chiu



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University of Victoria doctoral student Nick Claxton. SAANICH FIRST NATION/THE CANADIAN PRESS

Looking to revive a traditional craft

TSAWOUT FIRST NATION

B.C. man aims to bring back reef-net fishing technique

Almost a century after fishing practices unique to First Nations in British Columbia's Salish Sea were outlawed, members paddled canoes back to traditional waters and dropped their full-sized reef net.

It was the start of a long-term mission to revitalize the once-celebrated technique for gathering food and bonding community for the Strait Salish people.

The web-like net — about the length of a city bus — was suspended between two canoes in an endeavour by a University of Victoria doctoral student who envisions bringing his nation's fishing style "back to life."

"In traditional times, it was really the backbone of our society," said Nick Claxton, who successfully defended his thesis on the practice in late July before an academic panel and 100 of his community members.



A carved model shows how reef nets are used to catch fish in the Tsawout First Nation, B.C. CONTRIBUTED/THE CANADIAN PRESS

"And that's how I want it to be in the future. Where we can all be reef-net fishermen."

Claxton, 42, initially set out to document the history of reef-net fishing and investigate ways to restore the practice. His research found that Strait Salish people relied on the method until 1916, when the colonial government called it a "fish trap" and brought in a ban.

"What is ironic is right around that time they allowed J. H. Todd and Sons to fish with their fish trap. It was at the time when the industrial-commercial fisheries started to develop," he said. "What I think they wanted was just access to our fishing locations."

Aboriginals were discrimin-

ated against despite being signatories to the 1852 Douglas Treaty, which formally guaranteed their fisheries, Claxton said.

Some First Nations maintained the fishery on the American side of the Salish Sea, but Washington state officials stopped them in the 1950s or 1960s, said Claxton.

"That was really the last time we fished with reef nets," said Claxton. "The knowledge system of it was nearly lost."

Claxton realized the opportunity for reviving the fishery style as he dove into his thesis. "It became more a project of 'Let's go out and do it.' So that's how that happened. We built a full-sized, modern reef net and we actually went fishing with it last summer."

Band members of all ages got involved. Schoolchildren were taught about the lore, while youth and elders designed the system and then held a sacred ceremony.

THE CANADIAN PRESS

In traditional times, it was really the backbone of our society. And that's how I want it to be in the future, where we can all be reef-net fishermen.

Nick Claxton



Cecily and her new leg. BOSTON GLOBE

TECHNOLOGY

Hen gets prosthetic leg via 3D printing

Keela Sweeney
Metro in Boston

Cecily, a Boston chicken amputee, underwent the first phase of her surgery to make a 3D printed prosthetic leg this past week.

Cecily was born with a torn tendon in her right leg that made walking extremely difficult. When the hen's owner brought her in to an animal specialist they were given two options: put Cecily down, or pay for the prosthetic leg.

Cecily's owners decided that the it was worth the \$2,500 US

for a new leg.

"We decided it was worth splurging for the rehabilitation because we love our hens," Patrick Crozier told the Boston Globe. "They are more than just egg-layers. We help them so they can live as long as they can. They become part of the family."

After her series of surgeries and full re-cooperation Cecily will be returned to the Black Thistle Farm in Clinton, Mass., where her original owners, the Martin family, will take care of her chicken leg, breasts and thighs.

Violence, fraud taint Haiti ballot

DEMOCRACY

Legislative elections nearly four years late

Haitians were electing legislators to Parliament Sunday after a years-long wait, but the vote was plagued with delays, disorder and occasional fist fights and rock throwing.

The legislative elections had been postponed for nearly four years due to a political showdown between Haiti's executive and opposition, and they have been billed as a crucial test of the country's electoral system ahead of a presidential vote in October. Sunday's first round seeks to fill two thirds of the 30-member Senate and the entire 99-member Chamber of Deputies.

But a number of polling stations across the country of 10 million people had to wait



A man rips an election ballot after authorities closed a voting centre following fist fights that broke out inside during parliamentary elections in Port-au-Prince, Haiti, Sunday.

DIEU NALIO CHERY/THE ASSOCIATED PRESS

for ballots hours after voting was supposed to start at 6 a.m. In sections of Port-au-Prince, voters grew exasperated after being told they couldn't cast ballots because their names weren't on official voting lists.

"This is very frustrating. Are they trying to discourage voting?" gardener Gerald Henry complained to a reporter after election workers turned him away.

In the crowded capital, at least three voting centres

were shut down by authorities after fist fights broke out as partisans attempted to stuff ballot boxes and engage in other irregularities. At one voting centre in downtown Port-au-Prince, groups of young men ripped up paper ballots as heavily armed police shot into the air to re-establish order. Rocks were thrown in response before authorities closed the polling station.

THE ASSOCIATED PRESS

RELIGION

Catholics divided on gays

Pope Francis refined his vision for the church last week when he said long-spurned divorced and remarried Catholics should be welcomed with "open doors." And he has famously parsed centuries of thought on homosexuality into a five-word quip: "Who am I to judge?"

Yet the Archdiocese of Philadelphia opened its door only briefly when married gay teacher Margie Winters, trailed by supporters, arrived Monday with 23,000 petitions seeking reinstatement to her job at a Catholic elementary school.

Winters, 50, lost her job at Waldron Mercy Academy in June after a parent complained about her 2007 marriage to a woman.

Jesuit-run Fordham University stands by its theology chairman, whose same-sex marriage made the New York Times wedding section this year, while Seton Hall University, with ties to the Newark, N.J., archdiocese, dismissed a chaplain who denounced gay bullying and later came out as gay.

THE ASSOCIATED PRESS

My Story

It has been 3 years since I have joined Shapes and there has been some changes. Shapes has become a place where you have a chance in building up your self esteem as well as making new friends that share this journey with you. The classes do work. And you will find as I did, that it's more about the complete package, how you feel from the inside out. Make the most of it... you will get there and when you do...you'll find you'll be ready for more. Its yours to have...own it.

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ISTANBUL DEMONSTRATORS RALLY FOR PEACE Anti-war demonstrators flash the V-sign at a pro-peace rally in Istanbul, Sunday, against the outbreak of new clashes between Turkish security forces and pro-Kurdish rebels. Violence in Turkey has flared in recent weeks, shattering an already fragile peace process between the Kurdistan Workers' Party, or PKK, and the government. The rebels launch almost daily attacks at the Turkish security forces while Turkish jets have raided suspected PKK bases in northern Iraq.

LEFTERIS PITRAKIS/THE ASSOCIATED PRESS

One year since Brown's death

FERGUSON

Anniversary marked by silence and march

One year after the shooting that cast greater scrutiny on how police interact with black communities, the death of 18-year-old Michael Brown in Ferguson, Missouri, was marked Sunday with 4 1/2 minutes of silence and a march led by his father.

A crowd of hundreds that had gathered to commemorate Brown began their silence at 12:02 p.m., the time he was killed, and the length of time was to symbolize the 4 1/2 hours that his body lay in the street after he was killed. Two doves were released at the end. Police largely remained away from the ceremony.

Michael Brown Sr. held hands with others to lead the march, which started at the site where his son, who was black and unarmed, was fatally shot by a white Ferguson officer Darren Wilson on Aug. 9, 2014. A grand jury and the U.S. Department of Justice declined to prosecute Wilson, who resigned in November, but the shooting helped spur a nationwide "Black Lives Matter" movement that raised difficult questions about law enforcement treatment of minorities and police use of military-grade equipment while controlling crowds.

Pausing along the route at a permanent memorial for his son, Michael Brown Sr. said, "Miss you."

He had thanked supporters before the march for not

allowing what happened to his son to be "swept under the carpet."

Michael Brown Sr. had also led a parade involving several hundred people on Saturday. He said his family is still grieving, but he believes his son's legacy can be seen in the increased awareness of police shootings, and renewed skepticism when officers describe their side of events leading up to those shootings.

Vernice Durgins, a 60-year-old black woman from Ferguson, said she's seen little progress in the past year.

Some who marched in the Saturday parade wore T-shirts

"Darren Wilson" written on the side of the animal. The pig's head was placed on a concrete barrier near the sidewalk separating the protesters from the officers.

But the focus of the weekend is largely on Brown, who graduated from high school weeks before the shooting and planned to go to trade school to study to become a heating and air conditioning technician.

Relatives and friends described Brown as a quiet, gentle giant who stood around 6-foot-3 and weighed nearly 300 pounds. But police said Brown stole items from a con-

It makes me sick to think what happened ... I looked it like it could have been my sons or grandsons.

Vernice Durgins

with likenesses of Brown or messages such as "Please stop killing us" or "Hands up! Don't shoot!" which became a rallying cry during the sometimes-violent protests that followed the shooting a year ago. Some carried signs or wore shirts commemorating others who have been killed in confrontations with police.

Although the protests were largely subdued during the day, they picked up after dark as hundreds marched outside Ferguson's police department on Saturday night, mocking the handful of officers who stood watch.

Some of the demonstrators carved and ate from the head of a roasted pig, which earlier in the day had the name

venience store and shoved the owner who tried to stop him on the morning of Aug. 9, 2014. Moments later, he and a friend were walking on Canfield Drive when Wilson, who is white, told them to move to the sidewalk.

That led to a confrontation inside Wilson's police car. It spilled outside, and Wilson claimed that Brown came at him, menacingly, leading to the fatal shooting. Some witnesses claimed Brown had his hands up in surrender. Federal officials concluded there was no evidence to disprove testimony by Wilson that he feared for his safety, nor was there reliable evidence that Brown had his hands up in surrender when he was shot.

THE ASSOCIATED PRESS

WEST BANK

Israel imprisons Jewish extremists

Israel intensified its crackdown on Jewish extremists Sunday, imprisoning two high-profile ultranationalist Israelis for six months without charge and arresting additional suspects in West Bank settlement outposts, security authorities said.

The crackdown comes after a deadly July 31 firebomb attack on a Palestinian home in the West Bank that killed an 18-month-old boy and his father and severely wounded his mother and brother.

Tensions have soared since that attack and on Sunday, Israeli troops shot and killed a Palestinian who had stabbed an Israeli in the West Bank, wounding him lightly.

Authorities called the arson attack an act of "Jewish terrorism," and Israel's Security Cabinet approved the use of harsh measures to combat the trend, including administrative detention, which allows suspects to be held for lengthy periods without charge. THE ASSOCIATED PRESS



IN BRIEF

Bangladesh police kill six suspected tiger poachers

Police in Bangladesh have shot dead six suspected tiger poachers in the world's largest mangrove forest after a new survey found that the population of the big cats has dropped alarmingly.

Local police official Harendranath Sarker says authorities recovered the bodies of the suspects following a gunfight Sunday with a gang in the Sundarbans mangrove forest, home to critically endangered Royal Bengal tigers. THE ASSOCIATED PRESS

Gator captured after attack on swimmer in Florida river

A woman is recovering after being attacked by an alligator that bit off her arm while she swam in central Florida.

Rachael D. Lillenthal, 37, was swimming in Wekiva River on Saturday afternoon when the gator attacked her, biting her twice, according to Florida Fish and Wildlife Commission spokeswoman Karen Parker.

The 2.67-metre male gator bit off her arm just above the elbow.

THE ASSOCIATED PRESS

VERMONT

Mom kills 3 relatives and social worker

A woman who lost custody of her 9-year-old daughter killed three relatives in a Vermont home and then headed to a nearby state office to gun down the social worker involved in the custody case, authorities alleged.

Police said 40-year-old Jody Herring shot social worker Lara Sobel, 48, twice on Friday, killing her outside an office of the state Department for Children and Families in Barre as Sobel was leaving work. Herring was

tackled outside the building and arrested on a first-degree homicide charge.

The next morning, an emergency call brought officers to a Berlin home, where they found three relatives of Herring dead. Police said at least two of the women appeared to have been shot.

Barre Police Chief Tim Bombardier said Sunday he doesn't expect any more bodies will be found in relation to the case.

THE ASSOCIATED PRESS

TRANSCANADA CORP.

Company plans for pipeline rejection

The Canadian company involved in the controversy-plagued Keystone XL pipeline project has begun planning its response to an anticipated rejection of the project by U.S. President Barack Obama.

In its public statements, TransCanada Corp. is expressing hope he might still approve the pipeline, which over the course of its years-long delay has become an irritant between the U.S. and Canadian governments.

But people close to the project say the company has become all but convinced a rejection is imminent based on signals the White House is sending publicly and privately — and it's now considering the next move.

One possible response is a challenge under the North American Free Trade Agreement to recoup damages from the U.S. government. Another is immediately re-filing a permit application with the U.S. State Department before the 2016 presidential election.

One source involved in the project said company lawyers are being consulted on the mechanics of a NAFTA challenge, and weighing the legal and political implications.

He said the main suspense now is how Obama will make his big announcement — quietly, in a mid-summer Friday afternoon statement, or boldly from a platform like his upcoming Aug. 31 trip to a climate-change conference in Alaska.

THE ASSOCIATED PRESS



Colin Dobell, president and CEO of Inuktun Services — a maker of modular mobile robotic crawler vehicles, based in Nanaimo, B.C. — stands with the Versatrax Vertical Crawler and the Versatrax Controller. CHAD HIPOLITO/THE CANADIAN PRESS

Techies crawl to the top

INKUTUN SERVICES

B.C. company's agile robots explore where humans can't

What started as a fun project for two techies on Vancouver Island more than 25 years ago has now become an industry leader in robotic crawlers.

Inuktun Services Ltd.'s remotely operated vehicles, or ROVs, have combed through

the radioactive wreckage of a tsunami-hit nuclear plant in Japan, assisted in search and rescue efforts after the Sept. 11 terror attacks, and are being used by the U.S. military.

But despite its international success, the Nanaimo, B.C.-based company remains little known at home.

That's largely because most of its products are sold outside of Canada, said company CEO Colin Dobell.

"We're not really well-known locally and that's OK," he said in a phone interview

from the company's head office on Vancouver Island.

"We're more export than anything ... oil and gas and nuclear would be our two biggest markets. But we get into a lot of other kind of oddball stuff too that we never even imagined our equipment would be used for."

Inuktun's agile robots are used to access confined spaces and hazardous environments that humans can't.

Their clients range from Pacific Gas and Electric Co., which used crawlers to inspect

inside a natural gas pipe after a fatal pipeline explosion in California five years ago, to Starbucks, which bought cameras to inspect coffee beans on a conveyor.

Earlier this year, Inuktun announced it was sending a custom snake-like crawler to the Fukushima Daiichi Nuclear Power Plant to assess the damage from 2011's massive earthquake and tsunami.

But Dobell said the most compelling stuff is top secret. The company is kept quiet by big-name clients that don't

want the public to know what they're using the technology for.

When Inuktun began in B.C. in 1989, its owners had no idea they would be signing non-disclosure agreements with some of the world's most prominent organizations.

Dobell said that part materialized "largely by accident," after Inuktun's co-founders Terry Knight and Al Robinson — both now retired — started the company "as kind of a fun project to take them into retirement." THE CANADIAN PRESS



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POLL: FAREWELL JON STEWART

Jon Stewart made a career of skewering U.S. politics and media on *The Daily Show*. Over 16 years, what started as a parody of a nightly newscast became one of the nation's most trusted sources of news — at least for liberals and progressives. We asked our readers about Stewart's next step (many are hoping it's the White House!) as Trevor Noah takes the reins.

35% RUN FOR OFFICE

14% DIRECT MORE MOVIES

15% REGROW HIS BEARD

18% RUN A NETWORK LIKE OPRAH

18% STANDUP

WHAT SHOULD JON STEWART DO NOW?

WHO WILL YOU TURN TO FOR NEWS?

10% Maybe Mansbridge?

16% Nothing. News is dead

50% John Oliver & Stephen Colbert

24% I'll try Trevor Noah



Who was your favourite Stewart target?

29% CNN

23% SARAH PALIN

23% DICK CHENEY

13% GLENN BECK

12% ARBY'S

333 RESPONDENTS

Answer our poll every Friday at metronews.ca

ROSEMARY WESTWOOD

metroview

Columns come in a few finite forms. Here's a cheat sheet

We've reached Peak Opinion.

I say that with authority because every day I file into the cacophony columnist melting pot/Twitterverse/Internet-universe/Facebook-land and languish among the Tabatha Southneys and Jessica Valentis. And, of course, the men — also known as two thirds to three quarters of all columnists.

But all that chinwagging doesn't have to confuse. Despite the perpetual spew, columns come in a few finite forms. Here is your cheat sheet.

The Hot Take: To quote the New Republic quoting Salon's Simon Maloy, "A hot take is a piece of deliberately provocative commentary that is based almost entirely on shallow moralizing."

The Comic Angry: A scathing column with metaphors more grandiose than Donald Trump on a gold toilet on an elephant on a rocket in space yelling "I don't need anybody's money!"

The Why This is Wrong: Take a controversy, pick a side and say why the other is wrong, or why they're both wrong, or why the reader is wrong to think one of them is wrong.

The We're All Feminists Here: Ask women celebrities to play nicely, because even if they hate each other, we should all hate patriarchy more. Vive la feminist dream!

The Slice of Life: Something mildly interesting happened

to me the other day, and now you're going to hear about it.

The Me vs. Trend: There's a new trend. This is why it's stupid, or great, or why you're stupid for doing it, or stupid for not doing it.

The You Should Know About This: Something important is happening in the world, but Kim Kardashian gave birth again so you haven't heard yet. It could be happening close to you, or far away, but you should know because, like I said, it's important.

The We Take Celebrity Too Seriously: Self-explanatory.

The Satire: I don't mean a word of this.

The Reasoned View: There's fierce debate over an issue, but the correct view is to tread the middle ground, cherry pick from both sides and blend into a position both lucid and impossible to act from.

The Life is Good: Amid the wars and corporate greed, this individual has done something inspiring/extraordinary/life-fulfilling. So cheer up.

The Epiphany: Here I share an experience that clarifies one of the meanings of life. You're welcome.

Peak Opinion, unlike other peaks, will not edge off into a decline. It's more a plateau. But at least you can now say, 'Hey! She's just doing the We Take Celebrity Too Seriously!' shrug, stop reading and enjoy your day.

Pot dispensaries need regulation, not raids

INSIDE THE PERIMETER

Shannon VanRaes



Glen Price may not be the leader the medical marijuana movement wanted or needed, but he's what they got.

Scruffy, with an eclectic storefront on Main Street and questionable prescription fees, the owner of Your Medical Marijuana Headquarters has put a question to city leaders, one that has yet to be answered.

By opening Winnipeg's first medical pot dispensary and by remaining open with the knowledge arrest and closure were imminent, Price has revealed the idiosyncratic nature of marijuana law in Canada and forced an important issue to the forefront.

Why is it that residents of one Canadian city (Vancouver) can sell medical marijuana

from startup dispensaries and residents of another cannot? How can patients in Winnipeg be required to buy from one of the 25 producers licensed by Health Canada, and patients in Vancouver can visit one of roughly 100 dispensaries?

Are Canadian drug laws really that open to interpretation? Can municipal regulators really address this federal issue? So far, it seems they can — if there is the political will to do so.

But Winnipeg is lacking political direction on the issue. There has been little public comment and even less leadership since the raid.

Only Ross Eadie, councillor for Mynarski Ward, and St. Vital councillor Brian Mayes staked out a position on the issue. Both believe Winnipeg should regulate medical marijuana dispensaries in a similar way to Vancouver, not

ban them.

Of course the city should regulate them.

Make no mistake, other dispensaries will try to open in Winnipeg despite this closure. And without regulation, these businesses will open in neighbourhoods where they're not wanted, they'll open near schools, they will lack ethical guidelines and expertise and they will lack consistency and oversight.

Without regulation, what these future dispensaries will provide is a costly, unending game of whack-a-mole for law enforcement, increased work loads for Crown prosecutors and uncertainty for patients. By not regulating medical marijuana dispensaries, Winnipeg is also losing out on a new opportunity for fresh revenue streams.

But given that Mayor Brian Bowman has previously stated he doesn't believe this is an

Without regulation, dispensaries will open in neighbourhoods where they're not wanted.

issue for cities to tackle, it seems unlikely that we will see strong leadership on medical marijuana from the Mayor's office anytime soon.

Like many important issues, this will no doubt be resolved by a great deal of money and years of legal proceedings instead of common sense.

Shannon VanRaes is a Winnipeg-based journalist and photojournalist who spends her days contributing to the *Manitoba Co-operator* and her nights covering urban affairs.

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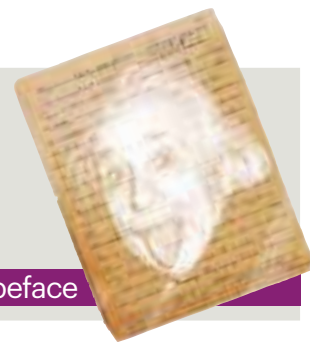
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KRUSHCHEV



The young and the not-so-sober

ISTOCK

ALCOHOL ABUSE

Marry young and you could bypass binge drinking: Study

Problem drinking tends to decrease with age for many individuals, but a new study says marriage could allow young people with a tendency to abuse alcohol to bypass an unhealthy phase.

While social scientists and psychologists would have once said that binge-drinking young adults are not ready for marriage and should learn to curb their habit before tying the knot, this U.S.-based research team has another perspective.

"Confirming our prediction, we found that marriage not only led to reductions in heavy drinking in general, this effect was much stronger for those who were severe problem drinkers before getting married," says Matthew Lee of the University of Missouri.

Springboarding off a theory that Lee describes as the "role incompatibility theory," the team hypothesized that the most se-

vere of problem drinkers must make the most dramatic changes in order to adapt to the demands of married life.

Behavioural change, says Lee, is one way to resolve incompatibility with a new role such as that of a husband or wife.

The team established that the older people got, the less they drank.

This effect was even more pronounced for those who were problem drinkers before marrying, according to the study, whose hypothesis was thus confirmed.

"We believe that greater problem drinking likely conflicts more with the demands of roles like marriage," says Lee. "Thus, more severe problem drinkers are likely required to more substantially alter their drinking habits to adapt to the marital role."

The study brings to light the concept of lifestyle roles as a driving force behind reducing alcohol consumption.

The research team believes that with further studies, they could uncover key insights that could change our approach to young people who abuse alcohol.

The study was published in the journal *Alcoholism: Clinical and Experimental Research*. AFP

ROLE INCOMPATIBILITY THEORY
The most severe of problem drinkers must make the most dramatic changes to adapt to the demands of married life.

+ HANGOVER CHIC

New beauty trend: looking like you had too much to drink

Being drunk or hungover isn't usually regarded as a great beauty look, but all that is changing thanks to a new Asian trend. "Hangover makeup" is the latest look to hit social media, with girls in Japan and Korea uploading photos of themselves on Instagram intentionally looking like they've just come home from a big night out.

Eye bags are traditionally seen as something to try to hide, cover up or zap in the West, but puffy peepers form an integral part of this hot new look, with some women going so far as to contour their under-eye area to make it appear bigger. This is particularly popular in Korea, where puffiness is seen as pretty.

Blush applied directly under the eyes to give the impression of being tired is also a key part of the trend, especially in Japan. Instagram users like @matilda_xy have been demonstrating how a thick sweep of blush above the cheekbones results in the sort of tired, slightly feverish esthetic that only a hangover can bring about. Instagrammer @mavis_guo shows how the look can be paired with pale skin and a slightly shiny eye for that "just woke up" vibe. AFP



PROBLEM DRINKING

Millennials take to online sobriety aid

While face-to-face meetings are more effective than online groups when it comes to curbing alcohol abuse according to a survey presented last week at the American Psychological Association's convention in Toronto, the use of web-based sobriety support sites is steadily growing.

Wayne Skinner, a clinical director in the addictions program at Toronto's Centre for Addiction and Mental Health (CAMH), called the findings interesting and a basis for further research.

He suggested there is undoubted value in people with addictions getting together for group support, but the Internet does offer an alternative for those unable or unwilling to go that route.

"This is where I think online has an advantage," said Skinner, who was not involved in the research. "When we're trying to set up support groups for family members or clients in recovery, you have to have a certain time, a certain place and enough people to come."

"That's often a barrier."

He said the ability to offer peer support to an extended group of people is a powerful dividend from the technology — and one that more and more young computer-savvy people will likely embrace in the future, he said.

While lead researcher Don Grant of Fielding Graduate University in Santa Barbara, Calif., worries about the future of face-to-face meetings, he does acknowledge the benefits of online support.

"The idea that it is available 24-7-365 is phenomenal," he said, noting that the Internet also allows people who are geographically isolated or have psychological or physical disabilities to connect with others.

"They can finally get help instead of being desperate and alone," said Grant, who advocates regular attendance at meetings, buttressed by online support when a person needs it to either get sober or to stay sober.

THE CANADIAN PRESS



The idea that it is available 24-7-365 is phenomenal.

Don Grant on the benefits of online support

It's only a reward if you save

CREDIT CARDS

Points distract from annual fees and high interest rates

Kyle Prevost
youngandthrifty.ca



Let me get this straight — credit card companies will give me tons of free stuff just for using their card to buy what I was going to buy anyway?

Well... sort of.

Who doesn't love free points? I love free points, miles, cash back — they all sound great to me.

Those points/miles/gem stones that your credit card company is promising aren't mirages, but they aren't exactly free either — at least most of the time.

The best rewards cards all have two things in common: they have an annual fee and they have relatively high interest rates — usually 18 to 20 per cent.

There are no-fee cards that have some limited rewards features and/or a lower interest rate, but you'll notice they are never quite as lucrative as the mega-platinum versions that offer a quintillion points for sign-

ing up (of course most flights cost one-and-half quintillions, but it still sounds like a lot).

Most of the elite-level rewards cards charge an annual fee of \$80 to \$120 and have com-

parable interest rates.

What you need to determine for



Those points/miles/gem stones that your credit card company is promising aren't mirages, but they aren't exactly free either — at least most of the time.

If you carry a balance and don't repay every dollar you borrowed with your card(s) it is almost never worth it to go with the best rewards cards and pay the higher interest rates.

Instead, you should look at getting a credit card with the lowest possible interest rate, paying off your current cards with a low-interest

loan or line of credit, or simply start paying off your balance every month!

If you pay your card off every month the annual interest rate is irrelevant to you.

Now you can start counting your chickens before they hatch (note to self: new credit card promotion aimed at farmers...) and looking at what rewards best fit you.

Some cards give more points for travel, while others prize

BANK NOTES

Credit card rewards tips

- Try to negotiate not paying the annual fee. You should be able to get out of paying it for the first year for sure.
- Several provinces will allow you use Aeroplan points to repay your student debt.
- Not all points/miles/rewards are created equal. Check to make sure you're comparing apples to apples when looking at the value of your rewards system.
- Some companies bank on points/miles/rewards inflation rates so that you will be penalized for hanging on to your points too long.

groceries and gas station purchases. You need to do some basic math and figure out if you spend enough that the rewards you will accrue are worth more than your annual fee.

There are some great online resources out there at places such as LowestRates.ca and RateHub.ca that allow you to quickly compare your credit card options and see which one is right for you and your spending habits.

STUDENTS

Budgeting, managing debt vital for students, experts say

As students prepare to make the leap from high school to college or university, many may find themselves confronting some tough, new lessons outside the classroom.

"Kids coming out of high school have very low financial literacy," says Kurt Rosentreter, a financial adviser at Manulife Securities. "Very few understand money."

That can lead to major challenges down the road and exacerbate the debt burdens they will have to shoulder upon graduation, Rosentreter says.

"Coming out of school after four or five years with \$100,000 in debt is one of the worst things that could happen to you," Rosentreter says. "It's a burden on your back that will limit your ability to get debt for future purposes, like borrowing to buy a home or a car."

Budgeting

Lana Robinson, executive director of CIBC Wealth Advisory Services, recommends that students create a monthly and a weekly

budget to track their sources of income and their expenditures.

Income sources can include student loans, bursaries, a line of credit, loans from family members and income from part-time or summer jobs.

Expenses can be broken down into two categories, says Robinson. Non-discretionary costs include non-negotiable items like rent, tuition and transportation.

Determining how much to spend on discretionary items requires making decisions, such as how much to shell out for cell-phone coverage and whether to eat out or cook at home.

However, it isn't enough to simply create a budget, says Robinson — for many people, the tricky part is sticking to it.

"It takes discipline," Robinson says.

For students who receive student loans and other income in large, lump sums, Robinson recommends keeping that money in a separate savings account and transferring portions of it into chequing on a monthly basis. That can help students ensure that they don't spend more than their monthly allotment.

Managing debt

Learning how to use debt wisely is another important skill for students to grasp, says Rosentreter. It's all too easy to run into trouble by treating a credit card "like it's candy," he says.

"I've seen kids who are 25 years old who are declaring bankruptcy because they've rammed up credit cards," Rosentreter says.

There are several kinds of debt

that students can use to pay their way through school, and Rosentreter recommends sticking to those with low interest rates that allow more time for repayment.

Government student loans are usually the best option in this regard, as they typically don't require students to pay them back until after graduation. However, some students may not be able to secure as much funding through that avenue as they require — particularly if their parents are in too high of an income bracket.

A student line of credit from a bank is a good alternative, while credit cards — which have the highest interest rates and need to be paid down quickly — are the worst of the available options, Rosentreter says.

If possible, students should try to borrow money from parents, grandparents or aunts and uncles, as family members are likely to provide loans on friendly terms — for example, not requiring the student to pay back the money until he or she has landed a job. THE CANADIAN PRESS



Creating a budget may be hard for students just coming out of high school with little financial awareness, but experts say it's essential. ISTOCK

Happy Birthday, Davis

CFL
Bombers gift two pick sixes to DB as Ticats cruise at home

The Winnipeg Blue Bombers bring out the best in Emanuel Davis.

Davis returned two interceptions for touchdowns Sunday afternoon as the Hamilton Tiger-Cats beat Winnipeg 38-8 to remain unbeaten at Tim Hortons Field. Davis has returned three interceptions for TDs this season and all have come against the Bombers.

Davis had a 35-yard interception return TD in Hamilton's 52-26 road win over Winnipeg on July 2. What's more, his two TD performance came on his 26th birthday but the four-year veteran shouldn't expect anything special from Ticats receiver Bakari Grant.

"He already got his presents," Grant said, referring to Davis's two TDs. "I'll take that for a birthday gift."

Davis downplayed his accomplishment, saying he was the recipient of a Hamilton pass rush that made life miserable for Winnipeg quarterbacks, registering seven sacks. Defensive lineman Justin Hickman led the way with three.

"On both I pretty much saw the same thing," Davis said. "The defensive line collapsed the pocket and the quarterback had to make a decision."

"When the quarterback doesn't want to throw the ball



The Ticats' Bakari Grant jumps into teammate Matt Coates' arms after scoring a first-half touchdown in Hamilton's blowout win Sunday at Tim Hortons Field . PETER POWER/THE CANADIAN PRESS

SUNDAY In Winnipeg

38

TICATS

8

BOMBERS

but has to, that forces mistakes. Luckily we capitalized on them."

Hamilton (4-2) earned its ninth straight victory at Tim Hortons Field before yet another enthusiastic sellout gathering of 24,068. The Ticats captured their fourth win in five games overall to move into a first-place tie in the East Division with Toronto (4-2) and Ottawa (4-2).

Winnipeg (3-4) lost more than

just the game. Starter Drew Willy (knee) was hurt late in the third after taking a hit from Hamilton linebacker Erik Harris. Willy remained on the field clutching his right knee before walking off the field albeit with his arms around two medical personnel.

Willy was 16-of-27 passing for 171 yards with a touchdown and an interception before being replaced by Brian Brohm.

"It's too early to tell," Winnipeg head coach Mike O'Shea said when asked about the condition of his quarterback. "It's the usual, we have to wait and see what the doctor says."

THE CANADIAN PRESS



Drew Willy leaves the field during Sunday's loss. PETER POWER/THE CANADIAN PRESS



Josh Donaldson smiles after hitting a first-inning home run on Sunday in New York. ELSA/GETTY IMAGES

MLB
Jays leave New York 1-1/2 games behind

Everyone already knew the Toronto Blue Jays could really hit. Turns out, it was a trio of splendid pitching performances that closed the gap in the AL East.

Josh Donaldson and Jose Bautista launched long home runs, and the Blue Jays earned their eighth straight victory by beating the New York Yankees 2-0 on Sunday to complete a three-game sweep that tightened the division race.

"Everything seems more in reach," Bautista said. "It seems more attainable."

Marco Estrada tossed three-hit ball into the seventh inning against the suddenly slumping Yankees, outpitching Masahiro Tanaka during Toronto's second consecutive shutout. Boosted by some big acquisitions before the July 31 trade deadline, the streaking Blue Jays have won 11 of 12 to pull within 1-1/2 games of the first-place Yankees.

A week ago, New York was up by six. THE ASSOCIATED PRESS

IN BRIEF

Iconic NFL personality Frank Gifford dies at age 84

From the football field to the broadcast booth, Frank Gifford was a star. And a winner.

An NFL championship in 1956 with the New York Giants. An Emmy award in 1976-77 as television's "outstanding sports personality." Induction in the Pro Football Hall of Fame in '77.

Gifford, as well known for serving as a buffer for announcers Don Meredith and Howard Cosell on Monday Night Football as for his versatility as a player, died Sunday. He was 84.

In a statement released by NBC News, his family said Gifford died suddenly at his Connecticut home of natural causes Sunday morning.

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Rivard a multi-medal threat

PARAPAN 2015

Swimmer is fresh off winning pair of world golds

She travels the planet as one of Paralympic swimming's brightest young stars, and has already stood atop numerous international medal podiums.

But Aurelie Rivard looks forward to the day she can do what other teenagers take for granted — text with two hands.

The 19-year-old from Saint-Jean-sur-Richelieu, Que., who was born with an underdeveloped left hand, could win up to seven medals at the Parapan American Games this week in Toronto. The Games come on the heels of a world championship performance that saw her win two gold and two silver.

And the punctuation mark to an outstanding year will come



Aurelie Rivard STEVE RUSSELL/
TORSTAR NEWS SERVICE

in September, when she gets her first-ever prosthetic hand, custom-matched to her skin tone and complete with heated sensors in the fingertips for texting.

"I didn't even know they could do that," Rivard marvelled.

Rivard turned down an offer for a prosthetic hand several years ago, saying the quality wasn't great, and it would have restricted the movement in her wrist.

"But a couple of months ago I saw a girl and she had a fake hand, and I thought 'Oh, that's so cool,'" Rivard said. "I just want to have the feeling of two hands that I haven't had before."

Rivard and her twin sister Charlotte grew up swimming, starting when they were just a year old. Rivard credits sports with helping her overcome an anxiety disorder she developed as a 10-year-old that was so debilitating, she was afraid to leave the house alone. In retrospect, she believes it was partly related to her disability.

"Because I felt different," Rivard said.

Her anxiety was so overwhelming before races, she would vomit on the pool deck.

"But swimming, high-level sport, completely changed me, because I was facing my fears every single day," Rivard said. "I had to travel the world by myself, in (countries with) other languages, in other cultures."

THE CANADIAN PRESS



WHEELCHAIR RUGBY CANADA TOPPLES COLOMBIA Canada's Zak Madell knocks over Carlos Neme Montoya as Colombia teammate Jhon Orozco Nunez takes off with the ball during mixed-gender wheelchair rugby at the 2015 Parapan Am Games on Sunday in Toronto. Canada won the match 76-32. FRANK GUNN/THE CANADIAN PRESS



SWIMMING ROUNDUP

Zack and Zach attack podium

Canada picked up two more medals in the pool at the Parapan American Games on Sunday.

Zack McAllister and Zach Zona finished second and third, respectively, in the S8 400-metre freestyle. They were looking to add more hardware in the 50-metre

final during the evening session.

McAllister, of Lethbridge, Alta., grabbed the silver in a time of four minutes, 47.88 seconds. Zona, of Waterford, Ont., took bronze in a personal best time of 4:52.36.

Brazil's Caio Amorim Muniz won the race in 4:33.10.

"I could have gone faster," said McAllister. "I kind of just knew I was going to get silver so I was playing it safe."

Earlier in the morning, McAllister swam a personal best time of 27.75 seconds and tied for an America's Record with Mexico's Armando Andrade in the 50 free preliminaries. THE CANADIAN PRESS

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RECIPE Almond Butter Noodle Salad



EAT LIGHT AT HOME

Rose Reisman
rosereisman.com

@rosereisman

Almond butter has a milder flavour than peanut butter. This is a great salad that can be a side dish or a main course with the addition of cooked chicken, meat or fish.

Serves 4

Ready in

Prep Time: 15 minutes

Cook Time: 8 minutes

Directions

1. Cook spaghetti until firm to the bite, according to package directions. Drain.

2. Add bell pepper, carrot, water chestnuts, green onion and cilantro to spaghetti.

3. Dressing: Combine all ingredients with a whisk until smooth. Pour over pasta, mix well and garnish with sesame seeds. Dressing: Combine all ingredients with a whisk until smooth. Pour over pasta, mix well and garnish with sesame seeds.

Ingredients

- 8 oz spaghetti
- 1/2 large red bell pepper, sliced thinly
- 1 medium carrot, peeled and cut into matchsticks
- 1/2 cup sliced canned and drained water chestnuts
- 1/3 cup diced green onion
- 1/4 cup chopped cilantro or basil
- Dressing
- 1/3 cup almond or peanut butter
- 3 Tbsp rice wine vinegar
- 3 Tbsp light soy sauce
- 2 Tbsp water
- 1 Tbsp lemon juice
- 1 Tbsp honey
- 2 tsp sesame oil
- 2 tsp minced ginger
- 2 tsp toasted sesame seeds

Nutrition per serving (recipe serves 4)

- Calories 290
- Protein 10g
- Carbohydrates 40g
- Fibre 5g
- Total fat 11g
- Saturated fat 2g
- Cholesterol 0mg
- Sodium 660mg

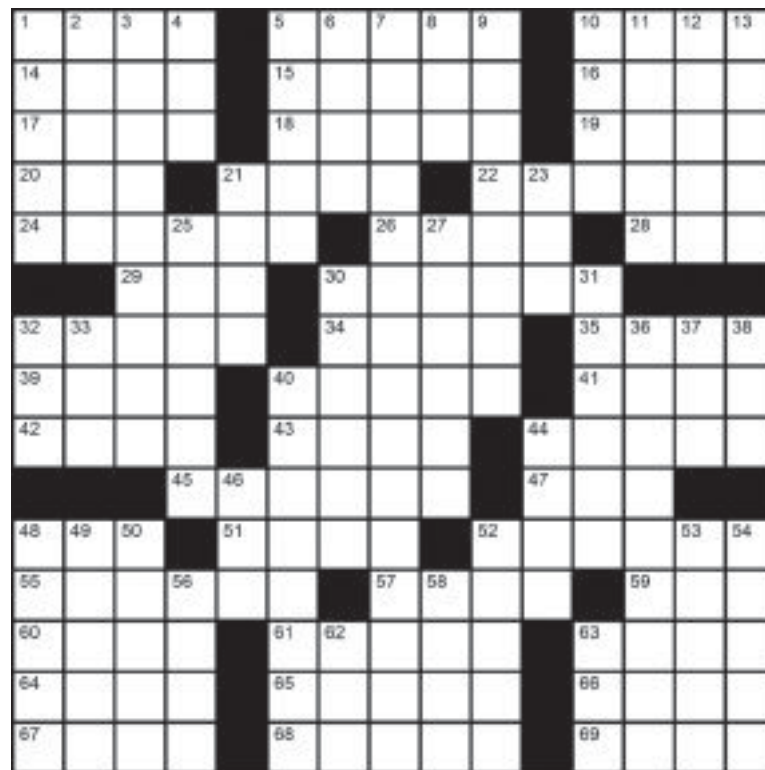
PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Honolulu's home
5. Prepare, as broccoli
10. Hoo-hoo-ers
14. Italian car manufacturer
15. Sao __, Brazil
16. Tangible
17. Ripped
18. Keyboard instrument
19. Catherine __-Jones
20. Antiquity
21. Perfect
22. Victor's prize to put on display
24. Beaver coin
26. Roman emperor
28. Affirmative reply
29. Frying need
30. Ambulance signals
32. Skeleton's head
34. Ms. Horne
35. Mr. Stoltz
39. Chipper
40. Matte __ (Toronto-born television host)
41. Marvin Gaye's daughter
42. Poker game stake
43. Songstress Tori
44. George Burns prop
45. Be in need of new stock: 2 wds.
47. Ms. Saldana of "Avatar" (2009)
48. Electronics brand
51. Multivitamin mineral
52. Bone's inner
55. Pomposity
57. Clock time
59. __ generis (Unique,



- in Latin)
60. City in Pennsylvania
61. Courage
63. Stars on television
64. Parliament Hill worker
65. Heron kind
66. Remedy

67. Grape's inner
68. Extinct birds
69. Went too fast

DOWN

1. Frequently
2. Garlic mayonnaise
3. Type of tennis play-

- ing surface: 2 wds.
4. 'Comp' calculator (Calculate)
5. Bobbin
6. Mountain lake
7. Canadian women's tennis star who was born in the city at #9-Down: 2 wds.
8. Birmingham's

- state, for short
9. Where the men are competing, as per #36-Down
10. Rice-shaped pasta
11. Tearful
12. Workshop machine
13. Kills, in a fan-

- tasy novel
21. Heaven's opposite
23. Director Mr. Howard
25. Out of __ (Unbalanced)
27. Mr. Borgnine
30. Hit the brakes hard: 2 wds.
31. Higher in position
32. Health resort
33. Mr. Burns of TV documentaries
36. Professional tennis tournament held in Canada each year, it's currently underway in Toronto for the women players (More at #9-Down): 2 wds.
37. __ pinch
38. Ford product
40. Shunned
44. Russian ruler, variantly
46. Submachine gun type
48. Ms. Perlman's
49. Noted 'Madame' of chemistry
50. Tolerate
52. Combo dogs
53. Outlandish
54. Got smart, __ up
56. Marsh plant
58. Cream-filled cookie
62. Certain consciousness
63. Namesakes of Mario's "Saved by the Bell" role

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Something that seemed so easy to do a little while ago now seems extremely difficult and you can't work out why. Don't give up on it though. What happens later in the week will make it easy again, so bide your time.

Taurus April 21 - May 21
You may find it hard to get along with certain people today but it's no big deal. Rather than risk saying something you may later regret just remove yourself from their presence for a while.

Gemini May 22 - June 21
It may not be easy turning down an attractive, and profitable, proposal but turn it down now just because the planets warn it will

result in more work and more pressure than you can handle.

Cancer June 22 - July 23
If you have gone to extremes in any way in recent weeks, opposing forces will bring you back toward the middle ground over the next few days.

Leo July 24 - Aug. 23
You seem to be anxious about financial matters at the moment but there is really no need. As Jupiter moves from your own sign to the money area of your chart tomorrow, there is sure to be good news of some kind.

Virgo Aug. 24 - Sept. 23
It may seem as if someone is withholding their affections but before you get angry about it, consider

this: they may be caught up in their own worries so much they don't have time for anyone else.

Libra Sept. 24 - Oct. 23
Some habits are easy to break but the habit you are struggling with at the moment seems too deep-rooted to overcome. Maybe you should stop trying so hard and instead find ways to enjoy it.

Scorpio Oct. 24 - Nov. 22
If you force yourself to be enthusiastic about something you don't much like today you may surprise yourself by how easy it is — and how much you enjoy it.

Sagittarius Nov. 23 - Dec. 21
Don't let yourself be talked into doing anything you don't feel com-

fortable with today. Resist, even at the risk of starting a feud.

Capricorn Dec. 22 - Jan. 20
Actions always speak louder than words, so do what has to be done and don't worry that others might not understand your reasons.

Aquarius Jan. 21 - Feb. 19
Don't let financial worries limit your horizons. You may think that you cannot afford to go out and have fun but you can if you use your imagination.

Pisces Feb. 20 - March 20
This should be a really good week for you but there is a danger that you might be tempted to focus on minor failures and not allow yourself to enjoy the good things in life.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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